

Beef Tongue Indad

Written by Bhavesh Zaveri

Ingredients

Quantity:	Measure:	Ingredients:	Description:
1	Nos	Beef - Tongue	Scraped
2	Tablespoon	Vinegar	For grinding
6	Large	Chillies Red Dry	For grinding
1	Teaspoon	Jeera/Cumin Seeds	For grinding
1	Piece	Turmeric/Haldi	For grinding
2	Medium	Onions	For grinding
4	Medium	Chillies Green	For grinding
6	Flakes/Seeds/Cloves	Garlic	For grinding
1	Piece	Ginger	For grinding
1	Teaspoon	Salt	For Taste
3	Teacup	Water	For boiling
6	Nos	Cloves (spice)	Mix
1	Piece	Cinnamon	Mix
3	Tablespoon	Ghee	For Seasoning
2	Tablespoon	Sugar	
4	Large	Potatoes	

Beef Tongue Indad

Written by Bhavesh Zaveri

Method

- # Clean and scrape the tongue, and cut it in slices.
 - # Grind the masala in vinegar.
 - # Boil the tongue in water, with cloves and cinnamon and salt to taste, till well cooked.
 - # Remove the tongue from the gravy and keep aside.
 - # In another vessel heat the ghee and brown the cooked tongue.
 - # Remove the meat, and in the same ghee, fry the ground masala stirring all the time.
- Sprinkle a little water on the masala once or twice. Then add the meat, the gravy, and stir. Put sugar, vinegar and salt to taste.
- # Peel the potatoes, cut them in slices and boil till the potatoes turn soft.